

THE SENIOR BEACON

A MONTHLY PUBLICATION OF
NEPTUNE TOWNSHIP DEPARTMENT OF
SENIOR SERVICES AND

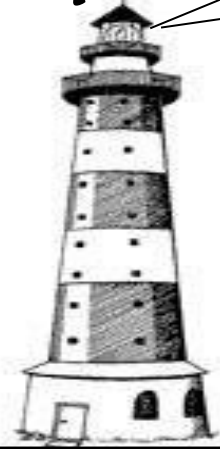
SENIOR CENTER

1607 CORLIES AVENUE
NEPTUNE, NJ 07753



RANDY BISHOP, DIRECTOR
732-988-8855

WWW.NEPTUNETOWNSHIP.ORG



SEPTEMBER
2023



Neptune Township
Department of Senior
Services and Senior Center
is funded in part by a
grant from Monmouth County
Division on Aging under
Title III of the Older
Americans Act and does not
discriminate in violation
of federal regulations.

HEADLINE NEWS

September! I cannot start this month without thinking of the first day of school. Everything was new. It didn't matter if it was the same building from the previous year or a brand new one. Sure, most of the kids I had known all my life. But there was something that was, well, exciting and a little frightening. What changes awaited me? What would my teachers be like? How would I do in my classes?

I would have been much calmer if I could just have extended my previous year. Not introduce anything new but instead use the year to master what I had begun the year before. You know, the things with which I was comfortable. Sure, maybe I wouldn't learn anything new, but maybe I could propose this as a kind of "deep dive" into the intricacies of Fun With Dick and Jane!

*But then I remembered something I **had** learned; something very important not just to my classes but my life. The adage, "if you keep looking back, it means you are not going forward." To progress is to move and that movement must be forward.*

This still holds true. Sure, it is safer to hold on to the familiar. But truthfully that becomes not comfortable but confining. What may seem the best choice perhaps is just the comfy choice. Honestly, as we age each day may bring new challenges: health, mental, emotional. The lessons may not be in a book but they are real, difficult and, yes, sometimes frightening, just like that first day of school.

Well, I made it through those first days and years and sometimes it wasn't easy. I believe the real lesson was that I kept pushing forward. But I wasn't alone. Support came from family, friends and those who cared and listened to me. But at the end of the day, the decision to keep moving forward was and must be, mine.

*But I know that there are so many there to help if I just ask.
Maybe that is the other important lesson. Learn to ask,*

So here's to first days, new journeys...and the hard lesson to ask when you need help!

Randy



**ALL MUNICIPAL OFFICES AND SENIOR CENTER WILL BE
CLOSED ON MONDAY, SEPTEMBER 4 FOR LABOR DAY**



From the Desk of Robert Lane, Senior Center Liaison

I hope you all are having a wonderful Summer. While you are enjoying your unofficial end of summer barbecues, remember that the Labor Day holiday pays tribute to working men and women in the US. The holiday, established in 1894, is to show the solidarity of the labor unions and support America workers and their importance to the growth and stability of America.

Join us on Tuesday September 5th at 6 pm for a special meeting for the promotion of Deputy Chief Anthony Gualario to Chief of the Neptune Township Police Department. The meeting will be held at the Neptune Senior Center, 1607 Corlies Avenue. September 5th at 6 pm.

Don't miss a day of family fun at this year's Neptune Day, Saturday September 9 from 12pm to 5pm behind Neptune Middle School off Heck Ave. In case of rain it will be held Sunday September 10.

Join us for our 10th Anniversary Pound the Pavement Purple 5K race on September 16th. The 5K race starts at 10 AM and walkers step off at 10:15 AM. The race begins at the Headliner located at 1401 Route 35 in Neptune.

The deadline is fast approaching to order a banner for a veteran in Neptune for Veterans Day. Documents must be submitted by October 13th. Contact April Aperpignan at aaperpignan@neptunetownship.org or call 732-988-5200 x231.



Mark your calendar for these upcoming events:

POW/MIA service October 14th at 1:30 at our Veterans Park;

October 28th MURC will celebrate the return of their Jeans &

Jewels Celebration of Determination at VFW Post 1333. More information to follow.

Till next month, the waning days of summer!



DON'T MISS THE NEXT NIGHT FOR WORKING SENIORS!

Free COVID testing, vaccines and other screenings. Fulfill and the Monmouth County Office on Aging will also be available. Join us Wednesday, September 13 from 4-7pm to get info on programs that may be helpful to you and your loved ones!

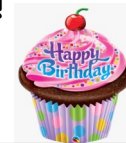
BACK BY POPULAR DEMAND... SOUP "SALES"

A special thanks to our Kitchen Manager, Teresa Richard and her staff, for the delicious soups they create. They will resume making homemade "soups to go" to raise funds for our Trust Fund this September. Donations to our trust fund are essential and we hope we can count on your continuing support.





**WE HAVE A GIFT FOR YOU ON YOUR SPECIAL DAY!!
STOP BY THE CENTER NEAR YOUR BIRTHDAY AND
LET US HELP YOU CELEBRATE!**



FARMERS' MARKET COUPONS AVAILABLE!

The Senior Farmers' Market Nutrition Program promotes nutritional health among senior citizens by providing vouchers for locally grown fresh fruits, vegetables, and herbs. Participation in the Farmers' Market Program is limited to seniors 60 years of age or older and whose annual gross income does not exceed the amounts below. Contact X589 to appl

Family of 1 - \$26,973.00

Family of 2 - \$36,482.00



***PROPERTY TAX
REIMBURSEMENT***

"SENIOR FREEZE"

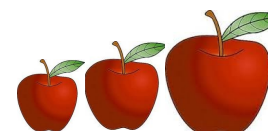
DEADLINE OCTOBER 31

This program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. If you need further info, call 1-800-882-6597 or X589 at the Center.



***LEGAL ASSISTANCE
AVAILABLE AT CENTER***

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older and who are income eligible. Please contact X589 to schedule your appointment. Complex legal matters may need to be referred elsewhere.



***OUTREACH ASSISTANCE
WITH FULFILL***

A worker from FulFill is available once a month at the Center to assist with Supplemental Nutrition Assistance Benefits (S.N.A.P), NJ Get Covered, and Medicaid. Call X589 for further info.

***HEALTH INSURANCE
ASSISTANCE AVAILABLE
AT THE CENTER***

S.H.I.P. (Senior Health Insurance Program) provides assistance with your health insurance. Call X589 for an appointment to meet with a SHIP counselor.

**CONGRATS TO OUR
SENIOR CENTER
ART SHOW WINNERS
AND PARTICIPANTS!**

Monmouth County Fair Art Show



1st Place: Ron C.



2nd Place: Marilyn S.

3rd Place: Beverly S.

Honorable Mention: Marion D.,
Bonnie G., Helene M., Jim N.

Participation: Beverly E.,
Lynette M., Patricia M.,
Sue M., Vivalyn S., Linda V.

Monmouth County Art Show

1st Place Drawing: Linda A.

3rd Place Oil: Marion D.

Participation: Ron C., Sandra
F., Bonnie G., Helene M.,
Patricia M., Beverly S.,
Marilyn S., Vivalyn S.



**MOBILE OUTREACH
SERVICES AT THE CENTER**

CentraState Hospital
Mobile Health Van-
Tuesday, September 19
from 9am-12pm (No Appt Needed)

DMV Mobile Office-
Wednesday, September 27
from 10am- 2pm (Appt Required)
Appointments can be made at
<https://www.state.nj.us/mvc>

**CAREGIVER SUPPORT GROUP
WITH RANDY**

Our Caregiver Support Group is for any caregiver. The group is led by Senior Center Director, Randy Bishop and meets the third Wednesday of the month at 1:30pm and 6:00pm at the Center. Come monthly or simply come when you need the support. We are here for you!

NEPTUNE DAY 2023

**SATURDAY, SEPTEMBER 9 FROM 12PM-5PM
(RAIN DATE SUNDAY, SEPTEMBER 10)**

Mayor Keith Cafferty, and the Township Committee invite you to join this annual celebration of our Community. The Neptune Day celebration will be held at Neptune Middle School. Attractions will include food, crafts, music, games, children's activities, local organizations and so much more. Come see us there!

**HAPPY
GRANDPARENTS
DAY**

SUNDAY,
SEPTEMBER 10



**"THE NURSE IS IN"
TUESDAY, SEPTEMBER 12
9:30AM – 11:00AM**

Our VNA nurse will be at our Center to provide blood pressure checks, discuss medication questions and concerns, and chat with anyone about medical concerns.



**MEET MARTY'S PLACE
TUESDAY, SEPTEMBER 12
AT 11AM**

Marty's Place is a non-profit dog sanctuary dedicated to providing a safe, loving and protected environment for senior dogs that don't have loving homes. Learn about programs, services, and ways to get involved with Marty's Place.



**GEORGIAN COURT UNIVERSITY PRESENTS
"RESPIRATORY PROBLEMS"**

TUESDAY, SEPTEMBER 26 AT 11AM



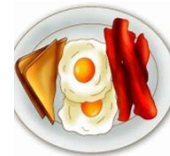
Georgian Court University nursing students return to the Center to discuss respiratory problems and ways to combat them. Blood pressure and general health screenings will follow their presentation. Don't miss this critical topic.

NEXT BREAKFAST EDITION OF "WHAT'S THE SCOOP?"

PRESENTED BY MARCY MCGINNIS

FEATURING HARRY HANSEN

FRIDAY, SEPTEMBER 29 AT 10AM



Enjoy a delicious breakfast made by Teresa and her kitchen staff followed by Marcy's monthly edition of, "What's the Scoop". Reservations required. Seating is limited. Reservations begin Friday, September 8 at 9:30am.
Regular lunch is cancelled that day.



OKTOBERFEST LUNCH AT THE SENIOR CENTER

FRIDAY, OCTOBER 6 AT 12PM

Enjoy a delicious Oktoberfest lunch created and prepared by Teresa and her kitchen staff. Reservations are required and can be made starting Friday, September 22 at 9:30. Attendees must be registered to the Center and a Neptune Township resident.

SEPTEMBER

2023



Neptune

Township - NJ

Where Community, Business & Tourism Prosper

**We are so happy that you are a part of our Senior Center Family.
If we can be of assistance to you and/or your family,
please contact us at anytime. We look forward to having you
visit us in the near future.**

**Randy Bishop, Director
Kristina Torres, Deputy Director**

Recreation/Programming

Lindsay Okuszki - Coordinator

Outreach Services

Ryan Ugrovics, CSW

Transportation Services

David Pyle - Driver

Hope Williams - Driver

Robert White - Driver

Custodial Services

Ralph Parkman

Nick Megill

Dining Services

Teresa Richard - Manager

Jennifer Nurse - Aide

Carol McDonald - Aide

Administrative Office

Michelle A. Swift - Administrative Assistant

Sondra Attridge - Senior Programs Representative

And an Army of Dedicated Volunteers!

RETURN SERVICE REQUESTED

TOWNSHIP OF NEPTUNE
DEPARTMENT OF SENIOR SERVICES
AND SENIOR CENTER
1607 CORLIES AVENUE
NEPTUNE, NJ 07753
TEL: 732-988-8855

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